

"Best Climate on Earth"

GROVE GAZETTE

Municipal Newsletter for the Residents of Lemon Grove, California

by Graham Mitchell

Fall 2008

Inside This Issue:

LEMON GROVE SHAREHOLDER'S BENEFIT STATEMENT

Community Interest

Recreation

Potpourri

Environmental

(or "shareholders") to understand how the City spends their valuable tax dollars. Welcome to "City Budget 101" — an overview focusing on: 1) revenue sources, 2) expenses, and 3) the benefits experienced by the City's residents. As the City Manager, the City Council requires me to maximize City revenues to

benefit residents. As a fellow shareholder (I too am a Lemon Grove resident), I take this obligation very seriously, as does the City's staff.

In fiscal year 2008, the City operated on \$13,684,000 from its General Fund (not including other funds such as sewer, redevelopment, etc.). General Fund revenue comes from many sources—although 66 percent comes from just three (Sales Tax, Property Tax, and Vehicle License Fees) (see Table 1). The General Fund pays for general services and programs. Public Safety operations (Fire and Sheriff's Departments) rely on 61 percent of the total, while the remaining departments share the rest (see Table 2).

Table 1 General Fund Revenue So	urces
Sales Tax	33%
Transfers from Other Funds	17%
Property Tax	17%
Vehicle License Fees	16%
Franchise Fees	6%
Development Permit Fees	3%
Rent & Recreation Fees	3%
Traffic Fines	2%
Fire Department Fees	2%
Miscellaneous	2%
Business Licenses	1%

Table 2					
General Fund Expenses by Department					
Law Enforcement/Animal Control	35%				
Fire	26%				
Public Works/Engineering	16%				
Recreation Services	8%				
Community Development (Planning)	6%				
City Manager	4%				
Finance	4%				
City Attorney	1%				
City Council	1%				

t is important for Lemon Grove residents. The City receives only 14 percent of the total property taxes homeowners pay (see Table 3). Lemon Grove consumers also pay 7.75 percent sales tax. Of that, the City receives only 1 percent (for example, a \$3.50 carne asada burrito yields the City 3.5 cents).

> Excluding sales tax (because much of the sales tax is paid by nonresidents), the average Lemon Grove resident pays \$7.41 per month in Property Tax and \$7.06 per month in Vehicle License Fees-totaling an average of \$14.47 per month. For \$14.47 per month, residents receive fire protection and paramedic services, law enforcement protection, parks, streets and sidewalks, and management services (see Table 4).

Table 3—Property Tax Distribution			
Other	6%		
Grossmont Community College	9%		
State of California	11%		
County of San Diego	12%		
City of Lemon Grove	14%		
Grossmont Union High School District	24%		
Lemon Grove School District	24%		
State of California County of San Diego City of Lemon Grove Grossmont Union High School District	11% 12% 14% 24%		

Table 4 What Could You Buy with \$14.47 a Month?

ONE of these:

Subscription to Reader's Digest (2 years) 2 Movie tickets (matinee) 3 Round trip trolley tickets to Petco Park

1 Dinner entree

Art, Cooking, or Science class at the Rec. Center Almost 4 gallons of gasoline Music CD

Pedicure

OR

ALL of These:

24-hour police and fire protection Well-groomed parks Community events Recreation classes Streets and sidewalks Technology services & information Professional management of your City Code Enforcement Program

CITY PLANNING COMMISSION VACANCIES



he City of Lemon Grove is seeking City residents to fill two vacancies on the Planning Commission. The Planning Commission reviews and makes decisions on land use, zoning and land development applications in the City. Candidates selected for the Planning Commission will each serve three-year terms.

If you are a Lemon Grove resident interested in helping guide the future of Lemon Grove, you can apply for a position on the Planning Commission by picking up an application form at Lemon Grove City Hall at 3232 Main Street or at www.ci.lemon-grove.ca.us/PlanCom. City Hall is open from 8:00 a.m. to 5:30 p.m. Monday—Thursday and alternate Fridays.

Applications must be submitted no later than 4:30 p.m. on Friday, September 12, 2008. Tentatively, the City Council will interview candidates and make the appointments to the Planning Commission on September 30, 2008.

Planning Commission meetings are held the second and fourth Monday of each month at 6:30 p.m. Special meetings may be called on other dates to review land use issues of importance to the City. Regular meetings are held at the Lemon Grove Community Center, 3146 School Lane. While considered a volunteer position, Planning Commissioners are compensated \$75 for each meeting they attend.

CITRON COURT

n partnership with the Lemon Grove Community Development Agency, the development team of Community Collective is in the process of building the City's first new mixed-use project. The development consists of 36 affordable apartment units and 2,200 square feet of commercial space.

Since the development's location at 7385 Broadway (across the street from Food 4 Less) resulted in the demolition of the Christy's Donuts building, one of the two commercial spaces is being prepared for Christy's return.

The project will be ready for tenants in August 2009.



GENERAL MUNICIPAL ELECTION



NOVEMBER 4, 2008—Polls open 7 a.m. to 8 p.m.

n Tuesday, November 4, 2008, voters in Lemon Grove will have the opportunity to vote to fill two seats on the Lemon Grove City Council.

The last day to register to vote in this election is October 20, 2008. You may request a mail ballot until October 28. Contact the Registrar of Voters for more information at (858) 565-5800 or http:// www.sdcounty.ca.gov/voters/Eng/Eindex.shtml.

CITY SKATE SPOT OPENS



The City of Lemon Grove is proud to announce the opening of the City's first skateboarding facility, the "Skate Spot." This 2,000 square foot skate facility is at Firefighter's Park, at the corner of School Lane and Central Avenue, across from Lemon Grove Middle School.

The Skate Spot features rails, jump boxes, benches and other popular amenities for street skaters. The skate community and City staff worked together to design the Spot and establish safety and conduct rules, which are posted at the site. Admission is free and it's open yearround. For more information, call Recreation Services at (619) 825-3815.

FIRE DEPARTMENT OPEN HOUSE

Saturday, October 11, 2008 7853 Central Avenue, (619) 825-3835

ALL YOU CAN EAT PANCAKES!

7:00 a.m. 11:00 a.m.

Bike Helmets

Adults (\$5,00



Children \$3.00 (under 12)

All proceeds benefit local charities

10:00 a.m.—2:00 p.m. TRAFFIC SAFET Y FAIR

Free Kids

Home Depot Kids Workshop

MEET OUR FIREFIGHTERS!

DOG LICENSE SERVICES AT LEMON GROVE CITY HALL

Beginning September 2, 2008, the City will provide in-house dog licensing services. What this means is that you will now work directly with the friendly staff at City Hall for new and renewal dog licenses. Previously, the City contracted with the City of Chula Vista for all animal services. Now, Chula Vista will provide Animal Control Officers and Shelter services.

We are eager to put our new dog licensing system to work and enthusiastically encourage you to keep your dogs vaccinated and licensed on schedule.

The advantages that come with a license:

- Safety first This ensures safe return if your dog gets loose or lost.
- Prevent rabies Vaccination requirements help remind you when your dogs' shots are due.
- A license allows your dog to attend family outings to local parks, beaches, and vacation spots where dogs are allowed.
- Spay and neuter Reduce the unwanted dog population and enjoy lower license fees.
- A license for an unaltered dog is \$25 per year. However, the price is very reasonable (shall we say even cheap?) for a spayed/neutered dog—only \$23 for a 3-year license.

Please call or visit us at City Hall if you need a dog license or have any questions.

MEET THE GROUNDS CREW

ntroducing the City's Grounds Division...The Grounds crew is responsible for maintaining the City's five parks (Lemon Grove Park, Berry Street Park, Dan Kunkel Park, Civic Center Park, and Firefighter's Park) and the street medians.

At this time of year, the Grounds crew works to ensure that the grass, seating, and restrooms are in tip-top shape for the Berry Street Concerts in the Park series and that the other parks are in the best condition to meet the needs of the community. The Grounds crew has also recently reconstructed the irrigation system and plantings areas to make way for the new Skate Spot in Firefighter's Park.

The Grounds crew also maintains the landscaped medians along Lemon Grove Avenue and Broadway. In short, the Grounds crew works hard to keep Lemon Grove green! In the next newsletter, we will introduce the Sanitation Division.



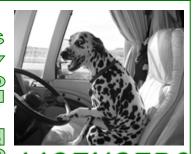
PUBLIC WORKS PROJECTS

In the Spring 2008 newsletter, we introduced some ideas the City was analyzing to ease congestion at the Massachusetts Avenue/Broadway intersection. The analysis is complete and several strategies have been incorporated into the City's Capital Improvement Program (CIP). This Fall, the City will be working to reduce vehicle delay by awarding a construction contract to:

- Add a dedicated right turn lane from eastbound Broadway onto southbound Massachusetts,
- Add a second left turn lane for southbound Massachusetts onto eastbound Broadway,
- Construct a median along Massachusetts, just west of Lemon Grove Avenue, and
- Re-stripe the intersection of San Miguel/Massachusetts to add a dedicated left turn lane.

The City will also award a construction contract to install an 18" sewer line along Lemon Grove Avenue from Mount Vernon to the City southern border (over a mile in new sewer pipe!). The project will increase the City's sewer capacity to help reduce the potential for wastewater spills. This large project will involve closing a lane of Lemon Grove Avenue in sections for several months. Although the contractor will be working hard to keep everyone safe, we ask that you please be patient and courteous when that work begins.

Lastly, the City will award an annual construction contract to repair older, cracked sidewalks throughout the City to make our City safer for pedestrians. If you wish to report a problem related to the City's streets, sidewalks, grounds, or other facilities, call (619) 825-3810 or visit the City's website at *www.ci.lemon-grove.ca.us*, click on "Report A Problem."



DOG BARKING

It's that time of year again... Warm summer breezes, open windows and that neighbor's dog barking continuously! The number of dog barking complaints increases with warm weather. If you have experienced this nuisance, you are not alone.

Neighbors are encouraged to work together to address this problem. Often, a courteous note to the dog's owner will solve the problem. Keep a copy of the note for your files. If you get no response and the barking continues, contact Animal Control at (619) 476-2476.

Once a complaint is filed, the City sends a courtesy notice to the dog's owner. This often takes care of the problem. Any further action requires a written complaint by two persons having separate residences that the barking is disturbing the peace. The complaint must also include a two-week log detailing the dates and times of the disturbance.

Be a good neighbor and be mindful that If your dog barks continuously, it is probably disturbing your neighbors. Take action to control the barking before it becomes a problem between neighbors.



FIGHT THE BITE!



Summer is still with us, so remember to take preventive measures to reduce your chance of exposure to the West Nile Virus (WNV). WNV is an infectious disease carried by birds and mosquitoes that first appeared in the United States in 1999. Although there are no confirmed cases in

Lemon Grove, birds carrying WNV have been found in other parts of San Diego County. With no specific vaccine or treatment for human WNV disease, this virus poses a serious health threat to all of us.

The best way to avoid WNV is to eliminate sources of standing water outside your home where mosquitoes breed. Fill, cover, empty, remove or frequently change the water for any items that can hold stagnant water. Common mosquito breeding sites include:

- ♦ Bird baths; outdoor pet dishes;
- Tires; gutters; ditches;
- ♦ Wheelbarrows; flower pots; trashcan lids and recycling bins;
- ♦ Wading pools; swimming pools not in use; leaky faucets; and
- Ponds consider adding mosquito eating fish (available free from several mosquito fish pick-up locations around the county, call 858-694-2888 for information)

Reduce your exposure to mosquito bites by:

- Applying insect repellent;
- Wearing long sleeve shirts and pants when outdoors late in the day;
- Limiting outdoor activities at dawn, dusk and early evening when mosquitoes are most active; and
- Installing or repairing window and door screens to prevent mosquitoes from getting inside your home.

By taking these easy measures, you can enjoy the "Best Climate on Earth" while reducing your exposure to the West Nile Virus.

SHERIFF'S DEPARTMENT CORNER

Don't Get Taken by Con-Artists—Protect yourself from cons and scams...

- NEVER give out personal, credit card or checking account information over the phone unless you made the phone call.
- NEVER allow un-invited door-to-door sales or repair people inside your house.
- NEVER contract with un-invited door-to-door 8. sales or repair people without verifying who they are and where they work. ALWAYS get a 9. written contract.
- NEVER place outgoing mail in or on 10. mailboxes. Use secured postal mailboxes. Retrieve incoming mail quickly. Report any 11. suspicious activity to the Postal Inspector.
- ALWAYS call the company to verify anyone who comes to your house uninvited to provide any service.
- 6. ALWAYS shred statements, bills, cancelled

- checks, and anything else that contains your personal or account information.
- 7. REMEMBER...it is illegal for legitimate sweepstakes to require any money up front before paying out winnings.
 - LOCK all your doors even when you are home or working outside.
- REAL FRIENDS are not after money or your credit information.
- TRUST YOUR INSTINCTS...If it seems too good to be true, it probably is.
- HELP YOURSELF and your neighbors. Use your best resources, your eyes and ears. Get descriptions of suspicious people and their vehicles.
- MAKE A REPORT...The only way we can stop these criminals is if you report it.

Lemon Grove Sheriff Station 3240 Main Street

New Hours to better serve you...

7:00 a.m. to 6:00 p.m. Monday — Friday



WHO TO CALL

Emergency ······ 911

Crime Prevention…(619) 337-2047

Non-Emergency(619) 337-2000

WEED ABATEMENT PROGRAM

he Lemon Grove Fire Department administers the City's Weed Abatement Program. Residents may report a fire hazard (overgrown weeds, dead brush and trees, etc.) by calling the Fire Department at 825-3835 during normal business hours (8:00 a.m. – 5:30 p.m. Monday – Thursday and alternate Fridays) or through the City's website at www.ci.lemon-grove.ca.us by clicking on the icon "Report a Problem" (on the lower left of the home page).

In response to a complaint, a Fire Inspector will visit the property to determine if a hazard exists. If a hazard is identified, a "Notice to Clean Premises" is issued to the property owner, granting 30 days to remove the hazard. If the hazard still exists, a "Final Notice to Clean Premises" is issued, with 10-day deadline. Thereafter, fines accumulate every two weeks until the hazard is removed. If necessary, the City will perform a "forced weed abatement" and require the property owner to pay for all clean-up costs.

Interested in becoming a Girl Scout?



Parent Meeting Sept. 25, 6-7 p.m.

Lemon Grove Community Center 3146 School Lane

Liz Raines, Membership Coordinator Iraines@girlscoutssdi.org (619) 610-0708



San Diego-Imperial Council www.joingirlscouts.com

HELP US FIND YOU!

elp emergency responders (police, fire, paramedics) find you quickly! Make sure the address number on your home or business is easy to see. If your address number is incomplete, blocked by shrubs, or missing, emergency response times could be longer.

The California State Fire Code requires address numbers for:

- ♦ houses to be at least 4" tall by 3/8" wide,
- commercial buildings to be at least 6" tall by 1/2" wide.
- industrial buildings to be at least 12" tall by 1" wide.

Numbers are also required to contrast from the paint color of the building and be visible from the street.

If your address number needs to be improved, consider a solar-powered model, an excellent choice because they are highly visible during the day and they automatically light up at night. Some units do not require direct sunlight and recharge during the day in about one hour. With no wiring, these waterproof units are easy to install with simple screws.

The Lemon Grove Fire Department encourages you to take a closer look at your address number. Make sure it is visible in case of emergency.

FROM CARS TO HARDWARE, SHOP LEMON GROVE

hen making a shopping list or planning for a new car, think about buying in Lemon Grove. Shopping locally is convenient and helps the community thrive. Spending money in Lemon Grove, at businesses like auto dealers, clothing stores, coffee houses, discounters, gasoline, flower shops, and grocery stores, helps the local economy flourish. A variety of shopping opportunities exist in Lemon Grove. From cars and trucks, to clothing and hardware, residents have many choices.

Buying locally keeps the economy strong by:

- Supporting Lemon Grove businesses;
- Providing jobs;
- Encouraging businesses to purchase from one another; and
- Generating sales tax, which helps pay for City services.

For most purchases in Lemon Grove, consumers pay 7.75% of the product cost in sales tax. Of this, the City receives 1% of the purchase price, or \$1 for every \$100 shoppers spend.

In 2007, funding from sales tax was approximately \$4.6 million, which was about 33% of the City's operating budget. This money helps pay for essential services, such as law enforcement, fire, and maintenance of roads and parks.

Sales tax revenue from auto sales is a considerable portion of all sales tax receipts received by the City. Diverse selections of auto dealers are located in Lemon Grove, offering domestic and imported new and used cars. Plan to buy your next vehicle in Lemon Grove.

Large and small purchases alike make a difference. By shopping locally, you are helping to maintain and enhance the quality of life in our City.

By shopping in Lemon Grove, you help pay for essential services, such as law enforcement, fire, and maintenance of roads and parks.



Adult Sports
Facility Rentals
Parks
Youth Activities

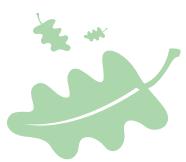
Recreation

September 2008—March 2009

Recreation Services Department 3225 Olive Street (619) 825-3815 Fax: (619) 825-3817 www.ci.lemon-grove.ca.us/RecDept

Recreation Center 3131 School Lane (619) 825-3828 (press "0" for assistance)

Site phone is attended during program hours only.



<u>FACILITY RENTALS</u>: The City offers three facilities specifically designed for receptions, meetings, seminars, and other special events. Facilities can accommodate large and small groups and reservations may be made up to one year in advance. Tours of the facilities are available by appointment only. For information, please call Recreation Services at (619) 825-3815. www.ci.lemon-grove.ca.us/Rentals

Senior Center

8235 Mt. Vernon Street

This beautiful facility features large French doors opening onto a spacious patio surrounded by grassy areas and walkways creating its own private park-like setting. The large fully equipped kitchen is designed to handle all of your catering needs. The Senior Center adjoins Lemon Grove Park and is the perfect location for an outdoor wedding followed by an indoor reception. The facility seats up to 200 for banquet style events, and up to 300 for theater style events.

Community Center

3146 School Lane

The Lemon Grove Community Center is conveniently located in the heart of Lemon Grove. The Community Center features a full kitchen and all the amenities for smaller meetings, conferences, and private parties. The Community Center seats up to 75 for banquet style events, and up to 100 for theater style events.

H. Lee House Courtyard

3225 Olive Street

This intimate outdoor courtyard sits next to the historical H. Lee House. It features a beautiful gazebo for ceremonies or entertainment surrounded by inlaid brickwork and grass. The H. Lee House Courtyard is the perfect setting for an outdoor wedding, anniversary party, and many other special occasion events. The capacity is approximately 100.

Parks

Lemon Grove Park, 2259 Washington Street

Six acres – playground, gazebo, picnic areas and tables, restrooms, basketball court, and walking path.

Berry Street Park, 7071 Mt. Vernon Street

Six acres – playground, gazebos, picnic areas and tables, restrooms, and walking path.

Dan Kunkel Park, 8105 Lemon Grove Way

One acre, neighborhood park with playground, picnic area and tables, basketball court, and walking path.

Firefighter's Park, 3062 School Lane

Home of the new "Skate Spot", this park also has benches and an open grass area.

You may also reserve the gazebos at Lemon Grove Park and Berry Street Park. For more information, contact the Recreation Services Department at (619) 825-3815 or see the City's website at www.ci.lemon-grove.ca.us/parks.

Park Hours: Parks are open daily as follows: 6:00 a.m.—9:00 p.m. April - October 7:00 a.m.—7:00 p.m. November - March



Youth Activities

REGISTRATION: Register at the Recreation Services Department, 3225 Olive Street, Monday—Thursday and alternate Fridays, 8:00 a.m. – 5:00 p.m. or download a packet online — **www.ci.lemon-grove.ca.us/youth**. Now taking registrations for ALL programs.

Spring Day Camp '09

1st-8th grade

Recreation Center, 3131 School Lane

<u>Dates</u>: March 16 - 27 (2 weeks) **<u>Hours</u>**: 6:30 a.m. to 6:00 p.m.

Fees: 25/day or \$75/wk - LG Residents

\$30/day or \$85/wk - Non-LG Residents

All children must be registered, and signed in and out daily by a parent/guardian. Participants must bring their own lunch and snacks daily. Campers may be divided into two different age groups for age appropriate activities. Some of the camp activities include arts & crafts, gym activities, sports and BBQ's. Our game room has air hockey, foosball, and billiards.

Pee Wee Sports for Boys and Girls

Ages 3-5 and 6-7 (Four sessions, 5 weeks each)
Recreation Center, 3131 School Lane
Fridays, 5:45 - 6:45 p.m.

Sept 12—Oct 10, 2008···· Football Nov 7— Dec 12, 2008···· Basketball Jan16—Feb 13, 2009···· Soccer Mar 6—Apr 10, 2009···· Baseball

1st session, \$25; additional, \$20; or all four, \$80

Flag Football — Boys and girls, 2nd - 8thgrade All participants are evaluated on our designated rating day and are divided into evenly matched teams based on skill level. All practices and games are held at the Recreation Center athletic fields.

League Dates: September 13 – November 22, 2008 Cost: \$40 per child, includes T-shirt

Basketball — Boys and girls, 2nd—8th grade

League participants are evaluated on separate rating days and are divided into evenly matched teams based on skill level.

League Dates: Dec 2, 08 - Mar 14, 09 Cost: \$40 per child, includes T-shirt

Indoor Soccer — It's fun and exciting for boys and girls ages 4-12. Leagues are offered in the following age groups: 4-6, 7-9 and 10-12. All games are played Saturdays in the Recreation Center Gym.

League Dates: April 11 – May 16, 2009 **Cost:** \$25 per child, includes T-shirt



Fall Session: October 2 – 23, 2008

Winter Session: November 13—December 11, 2008

Classes are designed for children ages 6-14. Classes are \$30 for all three or \$15 each per 4-week session. (Minimum registration—8 children.) Classes are held at the Community Center, 3146 School Lane. Dates/times subject to change.

Instructor: Monica Gonzales

Art — Thursdays, 3:45-4:30 p.m.



Children will have fun making creative art projects. Creativity will be emphasized in the class. Projects include: murals, paper Mache, mask making, painting on canvas and sketching. Children will explore their talents and have lots of fun!!

Science — Thursdays, 4:45-5:30 p.m.

This class is designed to expose children to a variety of fun science activities and experiments. They'll have fun with gooey mixtures, solutions, etc.



Fun Foods — Thursdays, 5:45-6:30 p.m.



Children will learn a variety of simple and safe methods of food preparation. Participants will prepare snacks and entire meals with an emphasis on health and nutrition using age appropriate utensils. Healthy variations of pizza,

tacos, spaghetti, and a variety of salads are just a few of the dishes that children will learn to prepare.

FREE After School Drop-In—AUGUST - JUNE

Games, arts and crafts, sports, special events and loads of fun await all 2nd - 8th graders, Mon - Fri, 2:00 - 5:30 p.m. at the LG Recreation Center, 3131 School Lane. Recreation leaders provide guidance and supervision, ensuring that all children get a chance to participate. At this program, a child is free to come and go as he/she wishes. Children must follow Recreation Center rules and regulations.

Other Youth Sports Leagues



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Community Events / Adult Sports



11th Annual Community Bonfire

A Family Event

Friday, December 5, 2008 6:30 - 8:30 p.m.

Civic Center Park, Olive and Main Street

Please join us, rain or shine, for horse drawn hayrides, children's games, crafts, music. and refreshments. Please bring your perishable food or tov(s) for the Holiday Food & Toy Drive.

Holiday Food & Toy Drive

Support Lemon Grove Families in Need





The Lemon Grove Holiday Food & Toy Drive program needs your help to provide toys, gifts and food for over 700 low-income children during the December holidays. We need NEW, unwrapped toys, non-perishable food, and money donations. To get involved and help make a difference in a child's life, contact us at (619) 825-3815. Drop off your donations at the Recreation Services office at 3225 Olive Street. Monday— Thursday and alternate Fridays, 8:30 a.m.—5:30 p.m.





Adult Sports

Volleyball Leagues

Year-round leagues are offered at the Recreation Center at 3131 School Lane for adults of all ages and skill levels. Leagues are offered on the Co-ed Open

following nights:

Tuesday (Advanced players) Wednesday

Women Open Co-ed "B"

Thursday (Beginning/Intermediate)

FEES: \$185 Resident teams \$32 Forfeit deposit \$ 8 Per game referee \$210 Non-resident teams

Softball Leagues

Come join the fun and play softball with friends and family. Adults of all ages and skill levels are invited to participate in our year-round leagues. Leagues are offered on the following nights:

Women

Monday

Men Co-Ed

Tuesday, Thursday and Friday Wednesday and Sunday

FEES:

\$ 60 Forfeit deposit \$365 Resident teams \$420 Non-resident teams \$ 15 Per game umpire

Adults— **Beginning Tai Chi**

Often called "moving meditation," Tai Chi has become extremely popular for older adults.



A growing body of research suggests that practicing Tai Chi has many benefits for seniors, including a reduced risk of falling and a significant improvement in quality of The practice of Tai Chi will strengthen the arms and legs, improve balance and flexibility, and reduce stress. Requires a minimum registration of 8.

\$80.00 Cost:

(8 wks/2 classes/wk)

Senior Center Location:

8235 Mt. Vernon St.

Wednesday & Friday Days: Time: 9:00 - 10:00 a.m.

Instructor: Ben Rainer

Potpourri

LEMON GROVE SENIOR CENTER—Services, Activities, Classes

VolunteerOpportunities Available

8235 Mt. Vernon Street, (619) 337-1425 Monday - Friday, 8:00 a.m.—2:30 p.m.

Senior Lunch Program

Hot, nutritious meals



Suggested donation \$3.00 age 60 and over

Call (619) 337-1425 for a reservation

Services

Free Legal Services/Tax Preparation Blood Pressure Checks AARP Defensive Driving Classes Home Delivered Meals

Senior Activities

Choral /Craft Workshops Movies & Entertainment Holiday Celebrations/Trips Bingo/Board Games/Billiards

Exercise Classes

Aerobic Conditioning Class Feeling Fit Club Hatha Yoga Class

TENANT/LANDLORD SERVICES

o promote fair housing practices, the City of Lemon Grove contracts with the Center for Social Advocacy to provide free assistance to renters, land owners, and property managers.

The Center for Social Advocacy provides many services including:

- tenant/landlord mediation
- education to tenants
- education to land owners and property managers
- fair housing advocacy

The Center's housing specialists are equipped to answer many questions and provide additional resources to those in need. To contact the Center for Social Advocacy, call (619) 444-5700 or visit www.c4sa.org.

Be on the Lookout – City Hall is Going Even More Virtual!

To provide better service, by saving you time and a trip to City Hall, and as a part of "greening" City operations, be watching the City website, www.ci.lemon-grove.ca.us for new e-commerce opportunities in the next few months. Lemon Grove recently purchased additional website modules that will create online opportunities to pay for minor permits, licenses, classes, leagues, etc., without driving the car or even licking a stamp!

In the meantime, we're being trained, developing procedures, and creating online forms for your use. Contact Barbara Kraber at bkraber@ci.lemon-grove.ca.us or (619) 825-3800, ext. 3913 or for services you would like to see online.

2008 RELAY FOR LIFE ®

n May 3-4, 2008, the City of Lemon Grove partnered with the American Cancer Society to host the third annual Relay For Life ® fundraiser. Thirty-four teams made up of family, friends, neighbors, and co-workers gathered at Lemon Grove Middle School to participate in the overnight event to celebrate, remember, and fight back by raising money for research and programs of the American Cancer Society. Each team kept at least one team member on the track at all times during the 24-hour period, remembering that "Cancer Never Sleeps."



Event Sponsors: Barona

City of Lemon Grove JTMK Productions, LG School District Playtime Pros RCP Block & Brick Sam's Club

To join the fun and help make next year's event even better, contact Joy Trebbien at (619) 838-6180. The event featured a moving opening ceremony, round-the-clock DJ, quality volunteer entertainment, plenty of donated food and drink to keep the walkers going, information handouts and activities from the American Cancer Society, a kids corral with fun activities, and much, MUCH more...

We appreciate our hardworking organizing committee:

Joy Trebbien, Event Chair; Katie Dexter, Co-chair; Mike Irving, Team Development; Chrissy Keely, Accounting & Registration; Sherry McElroy, On-Line; Kristy Nachtweh, Logistics; Becky Friberg, Luminaria; Faith Wilber, Entertainment; Marissa Ceniceros, Sponsorship; Phil Smith, Mission Delivery; Carla Fail, Survivorship.

And, the <u>bottom line</u>: \$33,751.48 was raised for cancer research and programs!

Environmental

PROTECT YOUR HOME and SAVE WATER...

ere in Southern California, we face two concerns when it comes to landscaping - fire and water. One would think these two issues were competitive from a landscaping perspective. However, they can complement one another nicely. We should all know about defensible space after the fires of 2003 and 2007. Here are a few quickie tips:

- Space trees and shrubs at least 10 feet apart.
- Remove branches from within 10 feet of chimneys and several feet from roofs. Cover chimney with non-flammable screen of 1/2 inch or smaller mesh.
- Remove dead vegetation, leaves and other debris from roofs and gutters.
- Do not stack wood or papers around the house.
- Have a 50 to 100 foot perimeter around your house containing well-maintained fire-resistant vegetation.

Now you might ask, what is fire-resistant vegetation and won't it require lots of water? Plants that are both water conscious and fire retardant protect your house, the water supply and the environment. All things we want to do right?

So, with Fall (a prime planting time) fast approaching, here are a few of the recommended fire resistant, water conscious plant options. For the complete list, please visit: www.clwa.org/conservation/h2oplants.cfm. The site also contains a list of plants to avoid.

Manzanita Kangaroo Paw
Sweet William Blue Oat Grass
Beardless Iris Lavender
Heavenly Bamboo Mexican Palo Verde
Valley Oak Sage
California Fuchsia Century Plant
Blue Fescue Poverty Weed

Rock Rose
Bearded Iris
European Olive
Arizona Sycamore
Verbena
Mexican Blue Palm
Deer Grass



SAFE DISPOSAL—PHARMACEUTICAL DRUG WASTE AND SHARPS

Pharmaceutical Drug Waste

he U.S. Geological Survey in 2002 sampled streams in 30 states. Of the 139 streams tested, 80 percent had measurable concentrations of prescription and nonprescription drugs, steroids, and reproductive hormones. Exposure to even low levels of drugs has negative effects on fish and other aquatic species, and may negatively affect human health.

Do not dispose of waste pharmaceuticals down the drain or down the toilet. This includes any prescription or nonprescription substances intended to be swallowed, inhaled, injected, applied to the skin or eyes, or otherwise absorbed.

While the State is currently working with manufacturers, pharmacies, and cities to develop a system for safer disposal, there are only limited options at this time. In the meantime, disposing non-chemotherapy pharmaceuticals in the trash is probably your best option. If you dispose of pharmaceuticals in the trash, please secure them in sturdy packaging.

Return chemotherapy drugs to the clinic that dispensed them.

Sharps

s you may have heard, beginning on September 1, 2008, State law (Health and Safety Code Section 118286) makes it illegal to dispose of sharps waste in the trash or recycling containers, and requires that all sharps waste be transported to a collection center in an approved sharps container. Sharps waste is defined as hypodermic needles, pen needles, intravenous needles, lancets, and other devices used to penetrate the skin for the delivery of medications.

Call your medical care provider or pharmacist to see if you can return your used sharps to them or if they participate in a mail-back program. Mail-back sharps containers may be purchased at your local pharmacy. In addition, Lemon Grove's Household Hazardous Waste Program (see facing page) may be used as a collection center. Be sure to package the sharps in closed, sturdy, puncture-proof containers (such as empty laundry detergent containers or two-liter soda bottles) before taking to a collection center.

Environmental

HOUSEHOLD HAZARDOUS WASTE RECYCLING

By appointment only, City residents may drop-off Household Hazardous Waste (HHW) for **FREE** on selected dates at EDCO's La Mesa Station.

It's easy to dispose of HHW safely...

- 1. Call **(619) 287-5696**, ext. **4270**, to make an appointment for an upcoming drop-off event. You may also request an appointment via email at lmhhw@edcodisposal.com. Be sure to include your name, address, and daytime telephone number.
- 2. Upcoming Drop-off events are scheduled for: September 27, November 22, January 31, March 14.

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Home Pickup Program—Only seniors (65+) and disabled residents are eligible to participate in the HHW/ Electronic Waste Home Pickup Program. (619) 287-5696, ext. 4270.



It is illegal to dispose of hazardous materials such as these in the trash!

HOUSEHOLD

All Purpose Cleaners Ammonia, Disinfectants Drain Cleaners, Polishes Fluorescent Light Bulbs Household Batteries

YARD AND GARDEN

Lighter Fluid
Pesticides
Paints, Stains, Thinners
Pool Chemicals
Fertilizers

GARAGE

Motor Oil and Filters Car Batteries, Gear Oil Transmission Fluid Antifreeze, Gasoline Glues, Adhesives

FREE E-WASTE RECYCLING for Residents AND Businesses

Computers (all hard disks will be shredded), printers, televisions, VCRs, cell phones, fax machines, stereos, microwaves, monitors, and the like...

Upcoming drop-off events: (third Saturday of the month)

September 20, October 18, November 15, January 10 9:00 a.m. – Noon Civic Center Park, 3200 Main Street

For a list of accepted items:

www.ci.lemon-grove.ca.us/recycle or for more information, call City Hall at (619) 825-3800, ext 3913.

A FREE alternative to "paper or plastic?"

THEY'RE HERE...

Maybe you've seen them around town already—sleek, roomy, chocolate brown bags with the City seal on the side. Let us help you "Go Green at Home" with three FREE reusable shopping bags. These handy bags are durable, washable, and, at the end of its life, recyclable! We would also like your feedback to help us do a better job of providing recycling opportunities for you and your family.

So, just complete this coupon and trade it for three reusable-shopping-bags. Bags are available at City Hall, 3232 Main Street, Monday-Thursday and alternate Fridays, 8:00a.m.—5:30p.m.

	LEMON GROVE SHOPPING BAG REDEMPTION COUPON				
1.	How important is recycling?	Very	Somewhat	Not at all	
2.	If you live in a single family home, do you use your curbside recycling bin regularly?	Yes	□ No	□N/A	
3.	If you live in a multi-family complex, are there recycling containers there?	☐ Yes	□ No	□N/A	
	If recycling containers were available, would you recycle regularly?	Yes	☐ No		
4.	Do you have any suggestions for promoting recycling or making it easier to recycle?			cycle?	
Shopping bags paid for by a California Department of Conservation grant.					

MEETINGS

CITY COUNCIL

1st and 3rd Tuesday of each month, 6:00 p.m. at the Community Center, 3146 School Lane.

PLANNING COMMISSION

2nd and 4th Monday of each month, 6:30 p.m. at the Community Center, 3146 School Lane.

TRAFFIC ADVISORY COMMITTEE

3rd Monday every other month, 6:00 p.m. at the Fire Department, 7853 Central Avenue. For meeting dates, please call (619) 825-3810.

We're on the WEB!

www.ci.lemon-grove.ca.us

Web-Extras!

Visit our website to access these additional features:

- **Code Enforcement Administrative Citation Procedures**
- ♦ Recreation Brochure
- **Youth Recreation Registration Packet**
- **Facility Rental Application**
- Why Spay or Neuter **Your Pets?**
- **Sheriff's Department Citizen Academy**

AT A GLANCE... **Telephone Numbers**

Fire Department (non-emergency) Sheriff Department	
(non-emergency) Animal Control—general info Report animal concerns/issues Swimming Pool Info Historical Society Library School District Senior Center	476-2476 698-2502 460-4353 463-9819 825-5600
CITY HALL Mayor & City Council City Manager, Finance Planning/Building Public Works/Engineering Recreation Services	825-3800 825-3805 825-3810
HOTLINES Jobline Code Enforcement Graffiti Storm Drain Spills/Dumping	825-3807 825-3813



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City of Lemon Grove

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